

Carne Asada Tacos with Avocado Pico de Gallo

Rating: ★★

Makes: 4 Servings

Just saying Carne Asada Taco with Avocado Pico de Gallo makes our mouths water. Squeeze fresh lime juice over tacos and enjoy. If you don't have a gas stove to cook the tortillas, char them slightly in a grill pan over high heat.

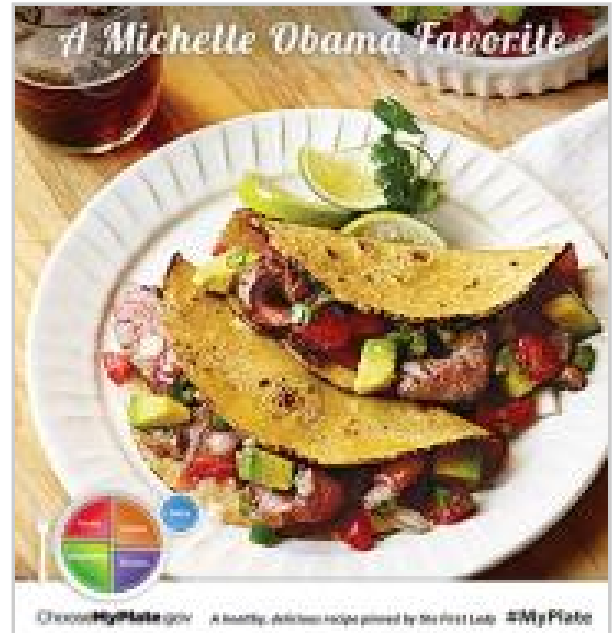
Ingredients

- 1/4 cup** Fresh lime juice (about 2 medium limes)
- 1 pound** skirt steak (trimmed)
- 1 teaspoon** ground cumin
- 3/4 teaspoon** Kosher salt
- 1/2 teaspoon** ground red pepper
- 1 cup** diced seeded plum tomato
- 1/4 cup** diced onion
- 3 tablespoons** finely chopped fresh cilantro
- 1 tablespoon** diced seeded jalapeno pepper
- 1 tablespoon** Fresh lime juice
- 1 clove** garlic (minced)
- 3/4 cup** avocado (diced, about 1 medium)
- 8** corn tortillas
- lime wedges (optional)
- cooking spray

Directions

1. Combine 1/4 cup juice and steak in a shallow dish. Sprinkle cumin, 1/2 teaspoon salt, and red pepper over both sides of steak. Cover and marinate in refrigerator for 3 hours.

2 Heat grill pan over high heat pan. Coat pan with cooking



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	372	
Total Fat	16 g	25%
Protein	28 g	
Carbohydrates	33 g	11%
Dietary Fiber	5 g	20%
Saturated Fat	4 g	20%
Sodium	505 mg	21%

MyPlate Food Groups

Vegetables	1/2 cup
Grains	2 ounces
Protein Foods	3 ounces

spray. Add steak to pan; cook 3 minutes on each side or until desired degree of doneness. Let stand at least 10 minutes. Cut steak into 1/2-inch pieces.

3. Combine tomato and next 5 ingredients (through garlic) in a bowl. Gently stir in avocado and 1/4 teaspoon salt.

4. Heat tortillas over gas flame 15 seconds on each side or until charred on edges. Divide steak evenly among tortillas. Top with pico de gallo. Serve with lime wedges, if desired.

A First Lady's Favorite from Cooking Light